



An Unwell Child

When your child is unwell, it can be a hard decision on whether to keep them off school and a few simple guidelines can help.

Primrose Hill Primary School



This information was sourced from the NHS Choices Website.

These are some of the common conditions that arise at Primrose Hill, the guidance below shows you if and how long you should keep your child from school:

Not every illness needs to keep your child from school. We trust your judgement as a parent to use common sense on whether your child is too ill to attend school but you can ask yourself the following questions if you struggle to make a decision:

- Is your child well enough to do the activities of the school day?
- Does your child have a condition that can be passed to others?
- Would you take a day off work if you had the same condition?

Cough and cold:

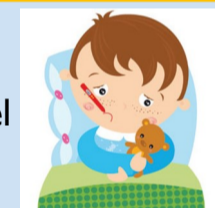
A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off school, visit the GP and return to school 24 hours after they start to feel better. If your child has a more severe and long-lasting cough, consult your GP. They can give guidance on whether the child should stay off school.

Rashes:

Rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend school. If your child has a rash, check with your GP or practice nurse before sending them to school.

Raised Temperature:

If your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better.



Conjunctivitis:

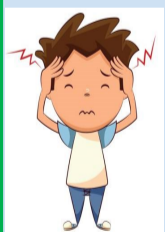
Children with conjunctivitis need to be kept off school until antibiotic eye ointment has been applied for 24 hours.

Impetigo:

Children with impetigo need to be kept off school until there is no more blistering or crusting, or until 48 hours after antibiotic treatment has been started.

Headaches:

A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms, such as raised temperature or drowsiness, then keep the child off school and consult your GP.

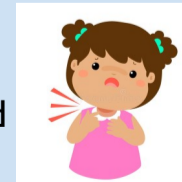


Vomiting and diarrhoea:

Children with these conditions should be kept off school. They can return 48 hours after their symptoms disappear. Most cases of vomiting or diarrhoea get better without treatment, but if symptoms persist, consult your GP.

Sore Throat

A sore throat alone doesn't have to keep a child from school. If it's accompanied by a raised temperature, the child should stay at home.



Remember to tell the School!

It's important to inform the school if your child is going to be absent. On the first day of your child's illness, telephone the school to tell them that your child will be staying at home. The school may ask about the nature of the illness and how long you expect the absence to last. If it becomes clear that your child will be away for longer than expected, phone the school as soon as possible to explain this.